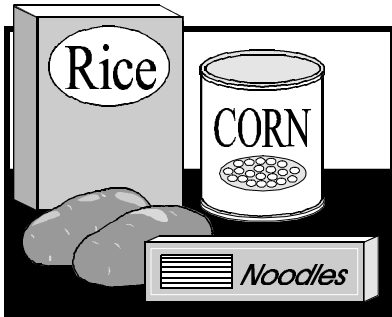


Create Your Own Casseroles

Directions:

1. Choose one ingredient from each column.
If you have a choice, use foods with **less fat**.
This is a good way to use leftovers.
2. Combine the ingredients from the first four columns and put into a casserole dish.
3. Top with an ingredient from the last column.
4. Bake at 350° for about 30 minutes.



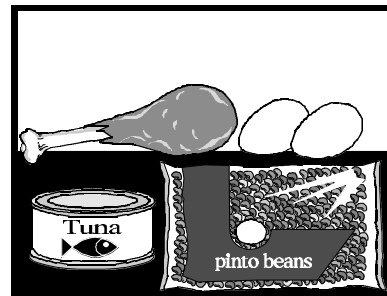
Cooked Pasta, Rice, Potatoes, or Corn (1½-2 cups)

Noodles
Macaroni
Rice
Potatoes
Spaghetti
Lasagna Noodles
Corn
Sweet Potatoes



Cooked Vegetables (1½ cups)

Browned Green Pepper,
Celery, and Onions
Cooked or Canned
Green Beans
Cooked or Canned Peas
Cooked or Canned Carrots
Cooked or Canned Asparagus
Any other leftover Cooked
or Canned Vegetables



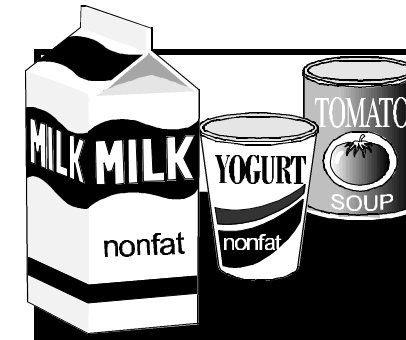
Protein Foods (1½-2 cups)

Less Fat

Cooked or Canned Chicken
or Turkey
Canned Tuna (packed in
water) or Salmon
Cooked Pinto Beans, Kidney
Beans, or Lentils
Cooked Ham
Cooked Lean Beef, Veal,
Lamb, or Pork
Hard-Cooked Eggs

More Fat

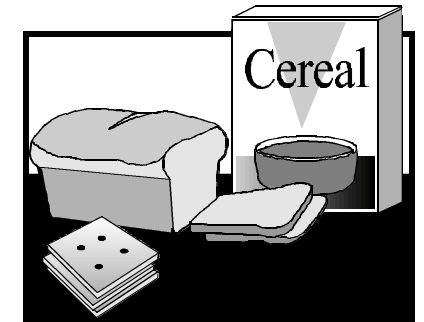
Canned Luncheon Meat
Frankfurters
Cheese



Sauce

(1 can condensed soup
+ 1/3 cup liquid)

Cream of Celery Soup+
Nonfat Milk
Cream of Chicken Soup+
Buttermilk
Cream of Mushroom Soup+
Nonfat Milk
Cream of Potato Soup+
Nonfat Sour Cream or
Nonfat Yogurt
Green Pea Soup+
Tomato Juice
Cheddar Cheese Soup+
Vegetable Juice
Tomato Soup+ Water



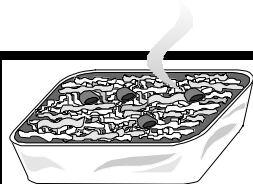
Topping (2-4 tablespoons)

Less Fat

Fresh Bread Crumbs
Crushed Flake Cereal
Cracker Crumbs
Crushed Stuffing Mix

More Fat

Crushed Potato Chips
Fried Onions
Potato Sticks
Slivered Nuts



Casseroles save time, money, and clean-up.
Casseroles also combine several food groups into
one main dish. (See other side for food group guide.)

